

**April Meeting****Uniform Group  
Contra Costa Sheriff's  
Reserve****Friday, April 18****8:00 PM****Our Savior's Lutheran  
Church****1035 Carol Lane  
Lafayette, CA**

The tentative speaker for April is a representative of the Uniform Group of the Contra Costa Sheriff's Amateur Radio Reserve.

The Amateur Radio Reserve is a group of amateur radio operators in uniform who assist the Contra Costa Sheriff's Department at county fairs and similar events.

**Presidential QRM****By Sam Lipson, KO6JR**

Well, it is already April. I hope we all get big tax refunds to upgrade the shacks. I want to specifically thank Jeff Straus, KE6QYM for taking on the Membership database. It is great getting new blood helping with the day to day operation of the Club. I also want to thank Jay, KT6Y, JC, K0HPS, and Pete, KA6SHE, for taking on the mailing of the Carrier.

Want Ads — We are still looking for people to help with the Club's social activities, including the 50th Anniversary Celebration, the Picnic, and the Holiday Party. Give me a call and let me know that you are interested.

One suggestion that came into the suggestion box was to see the trailer out on public relations activities. This is a great idea. I know that the trailer committee is working on outfitting the trailer for Field Day, but I'm sure that they can use more hands. Let yourself be known to them and help out. I think it would be great if the trailer was out at least once a month.

More Want Ads — We are also looking for help running a special events station to commemorate our 50th year of service to the amateur community.

On the Public Service front, we have just begun another year of public service events. It looks, from first counts, that we may have more events this year than we did last year. Let's get out there and help our communities and having fun at the same time. Contact Mike, KE6JGA for more details.

Lastly, I want to thank Dennis Fuller, KC6QHH, and his team, for running another great auction last month. This is not an easy task, and Dennis has put a lot of effort into each and every auction he has run. Also, Art Mayhoff, AB6HB, celebrates 25 years of auctioneering with us. Congratulations Art! The rest of the hard working team included Larry, KB2GV, Jay, KT6Y, Dick, KT6X, Dick, AA6DL, Jane, N6NVA, and Greg, KE6VTA. If I missed anyone, I'm very sorry.

I hope all of your propagation is good. We'll hear you on the air and see you at the April meeting.

73, Sam, KO6JR

**...At Your Service****By Charles Arthur, AC6WU**

I have been trying to think of a way to celebrate our club's 50 years of activity. I had quite a hard time with this. Then, I realized that we need something to spark interest in *radio*, something that will bring back the *excitement*. Something both new hams and old-timers alike could benefit from, have fun with. While we are at it, how about something that could be put to good use in emergency communications?

I propose that we have a kit-building session! A QRP (low power) transceiver would seem the place to start. Those who like to camp or backpack could build their own portable HF station to take with them. It could come in handy for staying in touch with friends while on an outing or put to some other good use—having fun, for example. Those of use who have always wanted to build from a kit will finally be able to do so while benefiting from the company of others doing the same. The romance of *radio* and all it's wonders would be laid out on a work bench, studied, assembled, and *operated*. The best part is: you did it yourself!

I have been in contact with a couple of sources of QRP kits and have scouted out the local radio outlets and have found some really fun stuff. A 30 meter QRP transceiver can be had for \$25 and a few customer-supplied parts (box, knobs, etc.) After the assembly is completed, you could use it to practice CW with others who built their

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## Mt. Diablo Amateur Radio Club W6CX

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(510) 932-6125

The Carrier is a monthly publication of the Mount Diablo Amateur Radio Club (MDARC). It is the policy of the editor to publish all material submitted by the membership provided such material is in good taste, relevant to amateur radio and of interest to MDARC members, and space is available.

All material must be submitted to the editor by the first of day of the month of publication. Material is accepted on a first-in, first-out basis. Articles and other material may be submitted via Internet email to w6uv@ccnet.com (preferred), or delivered to the editor at the address listed below. Material will be accepted in plain ASCII, Word for Windows, or WordPerfect format. Material may also be submitted as hardcopy.

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### Rocky Ridge Repeater Group

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**Jim Brunk, N6BHX** (510) 372-8248

#### Technical Manager

**Barry Winkler, KC6WYA** (510) 427-2121

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## Gold MDARC Jackets

There are many new members in MDARC who have not had an opportunity to purchase a GOLD JACKET with the club logo on them. Now is that chance. The jackets are excellent identification for you when helping in emergencies with Police, Fire Depart., Hospital, or RACES/ARES activities and for community activities such as parades, bike races, etc., or just for club events.

The lined Gold Jackets cost, incl. tax: (minimum order of 12 jackets)

Small, Medium, Large and Extra Large	\$21.65
2X Large	\$23.85
3X Large	\$26.00

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The golf shirts cost, incl. tax (minimum order of 48 shirts)

Medium, Large and Extra Large	\$14.07
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[no 3X Large available in this fabric]

There is a 3X Large in 100% cotton 5.6 oz Pique fabric which might be available at a cost of approximately \$24.00. No pocket. See or call Jim Whitely, W6LTI for more info.

To assist in this purchase, please follow these instructions:

- 1) On the front of an envelope write your NAME, CALL, TELEPHONE and AMOUNT ENCLOSED
- 2) On the front of the envelope also write the ITEM(S) and SIZE(S) you want.
- 3) Place a check inside for the amount of your order payable to ANDY'S TEE SHIRTS.
- 4) Seal the envelope and give to (in person, or via US-Mail)

James Whitely, W6LTI  
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Concord, CA 94519-1809

Any questions? Call Jim, W6LTI at 510-685-1905.

The deadline for ordering is the May MDARC General Meeting. Jackets and shirts will be ready at the June Meeting.

## Ramblings from the Editor

By Jerry Gardner, W6UV

Many thanks to Sam Lipson and Greg Estep for distribution of the Carrier last month. And thanks to Jay, JC, and Pete for volunteering to distribute the Carrier and to Jeff for taking on the job of membership chairman.

This issue marks my first experimental use of photos. If they turn out OK, I'd like to see more photos in future issues. Is there an aspiring Ansel Adams among us who'd like to like to document club events in pictures? Let me know...

That's all for now. See you at the April meeting.

## From the RRRG

By Jim Brunk, Chairman

### Diablo Communications

On March first, Dick Brown, KT6X, and Keith Lattin, N6PMF, represented our group at a meeting called by Diablo Communications. This meeting was held so that the technical details of the antenna installation could be discussed and commitments made to mount the antenna systems. Also invited were representatives from the other five ham groups that were on the Mt. Diablo tower. In general it was a very good meeting and everyone involved was very positive about the results.

The meeting was attended by Dick Brown and Keith Lattin from MDARC, Len Pringle, Wendell Peterson, Jim Peterson, Site Manager for Diablo Communications and Paul Kammeyer, WA0VZV Facilities Manager for Diablo Communications. Missing were Brad Rulien (represented by Len Pringle), Tom Woods and Paul Mason. Paul was contacted by phone and supported the content of the meeting.

Considerable time was spent reviewing the draft plan of the combined antenna system prepared by Keith. There was buy-in by everyone on the plan.

Diablo Communication had prepared a complete plan of the proposed antenna locations by height on the tower and by arm location. This was modified to conform with the new plan of antennas and will be published by Jim Pederson. We were all very pleased with all the planned locations. They should give each of the ham systems a significant coverage improvement over anything we have ever had in prior years.

We received a letter from Diablo Communication's marketing representative on March 21st. He invited us to enter into a contract with them. There were some specific items mentioned along with items that were somewhat ambiguous. We have mailed of reply that we would like to start negotiations with them and requesting additional information about the issues that we were unclear on.

So what does this all mean? After 15 months of little progress, it appears that the tempo has picked up. We expect that as soon as the contract is in place, the tower climbers will soon be attaching our antennas to the tower. Unfortunately, at this point, there is no clear picture exactly when this will occur.

[Much of this material was taken from Dick Brown's meeting report. The full text may be found in the RRRG SIG on the Designlink BBS. Also to be noted is that Keith did a yeoman's job preparing for this meeting. He deserves our thanks.]

### Informal but Unscientific Survey

A thank you goes out to Eric, KE6YNI, JC, K0HPS and Christopher, AC6KE. They have provided input to the survey. There is still too few data points to plot.

### Answers to this Month's Questions

This month's questions comes from a discussion held at March's meeting. There have been several questions asked about the auto patch.

### Autopatch FAQ

Q1. I've just joined the repeater group. How do I use the patch?

A1. There is a space on the bottom of the MDARC application form where the name of a repeater group member is written in by the applicant. This person is the repeater mentor for the applicant. This individual is the first contact to ask about the operation of the repeater options.

He will show you the ropes.

Q2. I did not enter a name as my mentor. Am I sunk?

A1. No. The default mentor is the repeater trustee, Jay Caldis, KT6Y. A quick phone call to Jay will bring help. In addition, Jay gives demonstrations after the group meetings.

Q3. When do I get my auto dial slot number?

A3. The keeper of the membership data base is also in charge of keeping track of the autodial slots. He will assign the number and forward it to Jay to program into the controller. This process might take a few days from the time you joined.

Q4. I am sitting in my shack. Is it appropriate to use the patch instead of my phone?

A4. Not really. The primary purpose for having an autopatch is to report traffic accidents, fires and other emergencies. There is no way to calculate the value of the lives and property saved by the intelligent use of autopatch facilities in emergencies. The public interest has been well served by the amateurs with interconnect capabilities. The intent in providing the patch is to make the telephone network available to those stations that are not served by normal phone service. The patch is especially intended to serve those stations that are mobile or are in remote locations.

Q5. Who pays for the phone bill?

A5. The members of the repeater group pay for the phone bill. The money needed is included in the yearly repeater group fee.

Q6. When calling the 911 operator what do I need to tell her?

A6. Tell her that you are mobile. Don't take up her time telling her extraneous information about repeaters, ham radio and the like. Remember that you will not be able to hear when you have the microphone keyed. Clearly and briefly give her a description of the problem, the location including the direction of travel and extent of any injuries. Answer her questions and allow her to terminate the call.

Q7. What are the identification requirements.

A7. The group strongly requests that you identify both before and after you use the patch. The FCC requires you to identify after third party traffic.

Q8. What are the codes?

A8. Talk to your mentor.

Remember:

- Always ID before bringing up the patch
- It is strongly suggested you always use high power on your radio while making the patch. This insures a good quality call and control of the patch
- Advise the party you are speaking with that you are on the radio!
- Follow all FCC rules when using the patch
- If someone puts you on hold and music is played, terminate the patch!

## Minutes of the MDARC Board of Directors Meeting

March 10, 1997

The Board meeting was opened at 7:30 by President Sam Lipson, KO6JR, at Emil Villa's. Other officers present were Cal Groom, KE6OEH; Greg Estep, KE6VTA; Charles Arthur, AC6WU; and Donna Cook, KE6PPM. Directors present: Paul Dickey, N6JOX; and John Stuart, KM6QX. Also present: Dick Brown, KT6X; and George Roush, WB6OFH.

At the beginning of the meeting, George,

WB6OFH, reported on the status of social event planning. The picnic tables have been reserved at Concord Community Park, but George still needs help for the picnic. President Sam stated that he feels that the Board should facilitate club activities, but not initiate them, and it may not be necessary to continue having an activity if interest does not warrant it.

The minutes of the February 21 meeting were approved, with one change. In paragraph three, the rate for a business card ad in the directory was stated to be \$40. The cost was actually \$50.

There was discussion regarding directory advertising and the question as to whether disposition of funds can be veri-

fied. Greg, KE6VTA, said that since there was no category for advertising, the money for advertising had been credited to several different areas (i.e., unallocated, membership, etc.) and that all advertising money for the 1996 directory has been accounted for. Any further discussion on the subject will be tabled until September.

President Sam announced that MDARC member Miles Slape passed away last evening.

There is still a need for a membership chairman. President Sam asked for assistance in preparing the *Carrier* for mailing on Wednesday at 8 p.m. John, KM6QX, volunteered to help. Dick,

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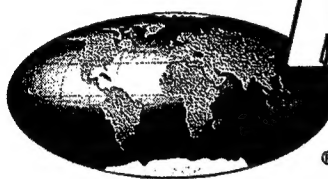
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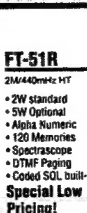
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KT6X, volunteered to take over the telephone duties.

John, KM6QX, recently attended a hamfest in Charlotte, North Carolina. The hamfest is held in a 100,000 square foot convention center and includes a computer fair and indoor swapmeet. There are approximately 5000 attendees of the event, which is organized by a club of 150 members.

Reporting on the latest Pacificon news, Greg, KE6VTA, said that the hotel told him that someone was attempting to reserve the hotel for 1999, so he went ahead and reserved it.

There was some discussion regarding prizes and their value. It was suggested that more tool-type prizes may be appreciated. Currently, the amount of money spent is the amount taken in the previous month. Greg will increase the amount by \$50 to see whether the selection can be upgraded.

A few positions remain open, primarily membership chairman/Carrier distribution, 50th anniversary chairman, and

publicity/public relations. Most Pacificon positions are filled.

Dick, KT6X, reported on the Rocky Ridge Repeater Group meeting with Diablo Communications. An agreement has been reached on configuration of antennas on the tower.

Treasurer Greg, KE6VTA, and President Sam, KO6JR, are to be commended for the extra work they have done in the absence of a membership chairman.

The meeting adjourned at 8:52 pm. The next board meeting will be held April 7th, at Emil Villa's at 7:30 pm. Everyone is invited to attend.

Respectfully submitted,  
Donna Cook, KE6PPM

### ...At Your Service

*continued from page 1*

rigs. If you don't know CW, I'll teach you. Who knows, you may forget about the feuding going on about CW and learn to enjoy it. It's been my experience that the more involved a person is in having fun,

the more that person benefits.

This isn't a new idea, building your own rig, but it's a *good* idea. I have written about emergency stuff now for some time—let's have some fun with it! After we build our rigs, let's get together and have some low power communications. Enough about the Web, computers, surfing the net. Let's get back to *real* operating fun.

Contact me by telephone, packet, or on the air. Let me know if you want the kit mentioned above. I plan to place an order the second week of May and wouldn't it be great to see all these rigs on display at the annual picnic? If you have never built a kit before, don't be bashful. I just completed my first and what a gas!

Let me know as soon as you read this and I will include your order. Don't be concerned about all the specifications and technicalities, just plan on having fun. After all, isn't that what Ham Radio is all about?

Wishing you all good transmissions,  
73.... Charles, AC6WU

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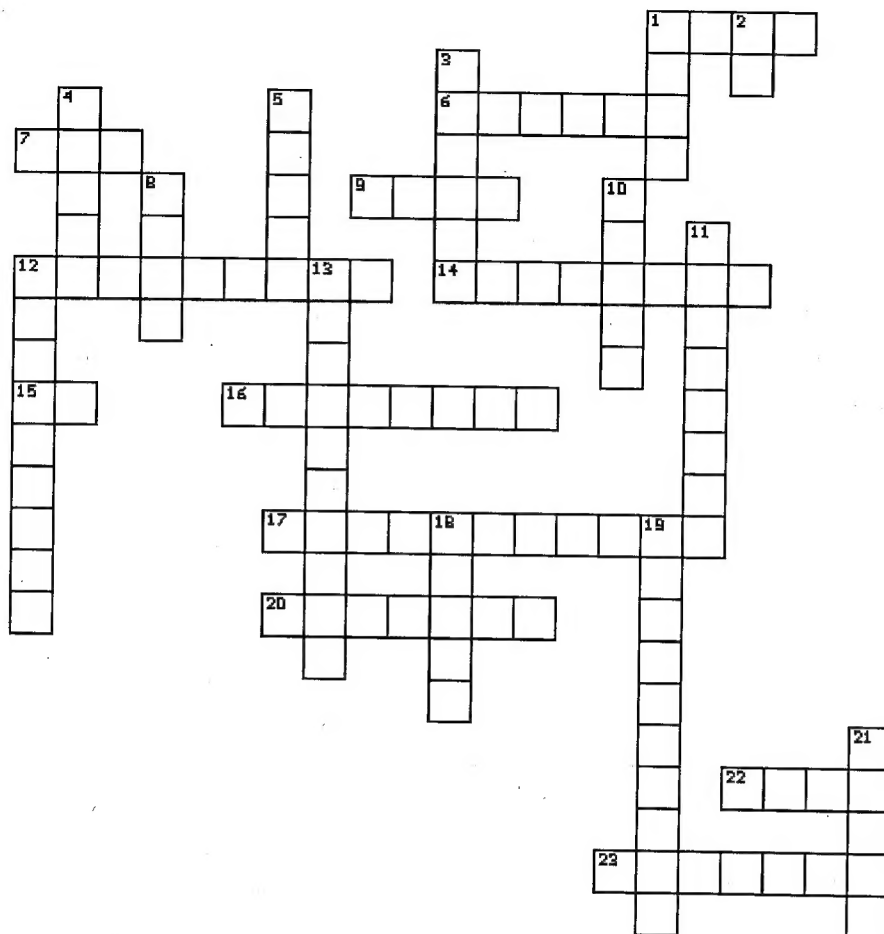
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**Crossword**

By Dan Goemmel, KQ6AR

**ACROSS**

1. The metric prefix for  $10^{-1}$
6. The D layer is the \_\_\_\_ region of the ionosphere.
7. A device used as a switch to generate morse code.
9. The long morse code character.
12. A component that stores energy in an electric field.
14. The stage in a receiver in which the modulation is recovered from the RF signal.
15. Morse code abr. for it is is
16. The highest usable frequency that will be bent back to the earth is known as the \_\_\_\_ frequency.
17. The ability of a capacitor to store energy in an electric field.
20. A type of feed line with one conductor inside the other.
22. The material in the center of an inductor coil is its?
23. The flow of electrons in a circuit.

**DOWN**

1. Computer based modes transmit \_\_\_\_
2. iCalling any station
3. A private repeater is said to be?
4. The \_\_\_\_ loop antenna has triangular elements.
5. The location where the control operator function is performed is said to be the control \_\_\_\_.
8. A \_\_\_\_ antenna has four sided or square elements.
10. Sub-audible tones used to gain access to some repeaters. abr.
11. An electrical circuit with an uninterrupted path for current to flow is said to be \_\_\_\_.
12. A material that has a loose grip on its electrons is said to be a good \_\_\_\_.
13. A code practice \_\_\_\_ generates CW sounds for learning.
18. A slight shift in transmitter frequency when keyed produces a \_\_\_\_.
19. CW stands for \_\_\_\_ Wave.
21. The metric prefix for  $10^{-2}$ .



## Capitalization and Electrical Abbreviations

By Ron Long, W8GUS

It is hard to remember how to capitalize the electrical abbreviations we use every day. This memo attempts to replace brute force memorization with an explanation of the logic behind it all.

Sometimes I see capital and small letters sprinkled willy-nilly, even changing from one sentence to the next. So here are some memory aids for those who have never thought much about the fact that there are reasons why GHz has a capital G, a capital H and a small z and kHz has a small k, capital H and small z. We hope you find it useful. I acknowledge the help of editors from ARRL and other places.

Abbreviations for the common electrical units we use each day are composed of TWO DISTINCT PARTS. The first or prefix is the multiplier. The second part is the unit name. They each have their own capitalization rules. If we always keep in mind the two different parts and remember a few simple facts, the number of errors will diminish markedly.

For the prefix we refer to the standard rules as specified in the International System of Units (SI).

Prefix name	Abbreviation	Meaning
atto	a	$10^{-18}$
femto	f	$10^{-15}$
pico	p	$10^{-12}$
nano	n	$10^{-9}$
micro	$\mu$	$10^{-6}$
milli	m	$10^{-3}$
centi	c	$10^{-2}$
deci	d	$10^{-1}$
deca	da	10
hecto	h	$10^2$
kilo	k	$10^3$
mega	M	$10^6$
giga	G	$10^9$
tera	T	$10^{12}$
peta	P	$10^{15}$
exa	E	$10^{18}$

Note that most of the commonly used prefixes use a lower case letter. Two very important exceptions to us are mega and giga whose abbreviations are always capitalized. The rule is that prefixes below 1000 use lower case and above 1000 use upper case. For us that usually means only mega and giga. Some of the prefixes are seldom needed, nevertheless, they have been included for completeness. Generally we use only powers of 1000. Thus the use of deci, deca and hecto is discouraged (dB excepted!).

Now for the second part, the unit name. Most units are named to honor a person and therefore the first letter of the name is capitalized in the abbreviation.

Some examples of common units are:

Hertz	(Hz)	Henrich Hertz
Bel	(B)	lexander Graham Bell

Ohm	$\Omega$	Georg Simon Ohm
Watt	(W)	James Watt
Volt	(V)	Allessandro Volta
Ampere	(A)	Andre Marie Ampere
Henry	(H)	Joseph Henry
Joule	(J)	James Prescott Joule
Farad	(F)	Michael Faraday
Kelvin	(K)	Lord Kelvin

That is all there is to it. But maybe some examples would be helpful. Here goes.

Oddly whenever a unit is spelled out in full the convention is that it starts with a LOWER CASE letter, e.g. V becomes volt, F becomes farad. This runs against the rule that we should always capitalize names such as Morse, Kepler etc. whether the name is used as an adjective or noun. An important exception for AMSAT is Keplerian elements which by convention seems to be always capitalized.

Note Hz, the very important unit for frequency. In order to avoid conflict with the unit for inductance (Henry), we use a two letter abbreviation but only the first letter is capitalized.

Some of the most common errors are associated with frequency. Some correct examples are: kHz, MHz, GHz. It is never Khz or KHz or mhz or mHz. In some fields we do actually use mHz - milliHertz but not usually in amateur radio.

A decibel (dB) is a tenth of a Bel. It is never db or DB.

In some cases there is also a suffix after the unit name. With antennas we refer to gain referenced to an isotropic radiator. The result is dBi. With respect to a dipole it is dBd. For circularly polarized antennas we use dBic. There is no reason to capitalize circular (dBiC) although it is frequently seen. Small powers are often given in mW. We refer to receiver sensitivity referenced to one mW as dBm. We also frequently use mV (millivolts).

The SI system defines the base units of meter (m), kilogram (kg) and second (s). From our discussion one would think that the base unit would be the gram and that k would be a prefix but it is not so. Just remember that it is not Kg.

Two common length units are cm and km. The c is the prefix for 10 to the power -2 and m is the abbreviation for meter. Ditto for km.

The Greek letter abbreviation for micro (10 to the power -6) creates a special problem due to the limitations of the computers most of us use, especially for email. We usually use u for micro when Greek letter symbols are not available. The use of m for micro is not a good idea since it is unsafe to rely on context to tell you whether m means milli or micro. If your word processor cannot give you the Greek "mu" then you should spell it out, i.e. an inductance of 123.4 microhenry should not be quoted as 123.4 mH, but simply presented as 123.4 microhenry. The convention is that mH means a millihenry, and nothing else. Another problem is Omega (upper case in the abbreviation) for ohm. Spelling it out is the best solution.

Here are a few comments about the use of hyphens. The examples relate to the topic of this article, i.e. units, but the rules apply in a general sense as well. What do we do when we combine a number and the abbreviation?

Rule 1: When the number plus unit combination is used as an adjective (compound adjective) modifying a subsequent noun there should be a hyphen between the number and the unit.



## NETS

### RRRG Nets

APRS Net      Tuesdays 1930 Hours  
 147.060/+ (100 pl)  
 Net Control: Barry, KC6WYA

Phone Net    Thursdays 1930 Hours  
 147.060/+ (100 pl)  
 Net Control: Jay Caldis, KT6Y

ATV Net       Thursdays 2000 Hours  
 Net Control: Mike Burke, KB6RMT  
 Alternate: Sylvia, KC6YJV

Youth Net     Thursdays 1900 Hours  
 147.060/+ (100 pl)  
 Net Control: Jeff Burke, KE6YAW

### Contra Costa County Emergency Services HF Net

First Thursday following first Wednesday, 2000 Hours, 3.895 MHz. Net Control: Richard Shappee, WA5HQJ

### Sheriff's Amateur Radio Communications Team

Clay Yale, N6YBQ  
 (510) 228-8223

### Contra Costa County ARES/RACES Nets

Thursdays, 1900 Hours

Central County    145.680 Simplex  
 Jim Brunk\*, N6BHX  
 (510) 372-8248

East County       146.535 Simplex  
 Jim Tittle\*, KC6SOE  
 (510) 432-3220

South County      146.355/+ (100 pl)  
 Greg Nelson\*, WB6MBD  
 (510) 933-5381

West County       145.110/-  
 Rich Parker\*, KD6JCT  
 (510) 237-2777

QSY to 147.735/- at 1920 Hours

Meeting of all County ARES/RACES Nets

Sam Lipson, District Emergency Coordinator, KO6JR  
 (510) 229-5705

\* Assistant District Emergency Coordinator

Examples: John has built a new 144-MHz amplifier. A 30-dB attenuator is often useful.

Rule 2: Compound nouns do not need hyphens. Nor do compound adverbs (those which generally end in "ly"). Thus when a number/unit combination is used as a noun there should be a space between the two components. Example: The station was transmitting on a frequency of 144 MHz.

Having no space OR hyphen is incorrect. Example of incorrect usage: The dipole length is 24cm. Two exceptions are as follows. A temperature followed by the degree symbol has no space and there is no space between a number and the percent symbol. Example: The temperature in the Hartford area has been above 90F every day for the past week. If you are giving temperatures in the Absolute (Kelvin) scale, there is no degree symbol used, so the space applies again. The temperature in my office is usually around 293 K. If you follow these rules, you will be correct 99% of the time.

Why do we often use hyphens in various ways when writing about P3D? I think P3D or Phase 3D are to be preferred.

I would like to congratulate ARRL and the QST editors for a top-notch profes-

sionally-edited publication. Our Amsat Journal has not reached that level of perfection yet. We have an all volunteer staff but under the firm guidance of Russ Tillman we are getting better.

For many years ARRL has made the ARRL Style Guide available to potential authors. A suggestion would be to convert this manual to .pdf format and include it on the ARRL Web site.



### Trailride Update

By Joe Gregory, WA6DQN

The date of the Spring Trailride of the Concord-Mount Diablo Trailride Association has been changed from Saturday, April 19 to Saturday, May 3. If you signed up for April 19, I shall try to contact you by telephone to find whether you would be available the first weekend in May. - Joe Gregory, WA6DQN (510) 930-6889.

Revised Trailride Schedule as of March 23

Saturday, April 5. IAHA competition ride, Sunol Regional Park.

Saturday, May 3. Concord-Mt. Diablo Trailride Assoc. Spring ride, Mt. Diablo. (Near Clayton)

Saturday, May 31. Diablo Vista Endurance Trailride. Tassajara.

Saturday, June 14. IAHA ride, Sunol Regional Park to Mission Peak.

Saturday, June 21. Moraga Horsemen's Assoc. Endurance Ride, Oakland Hills (Bort Meadow).

Saturday, September 20. Las Trampas Endurance Ride. Oakland Hills (Bort Meadow).

**CALENDAR OF EVENTS**

April 7	7:30 pm	MDARC Board Meeting	Emil Villa's, Concord
April 9	7:30 pm	RRRG Steering Committee Meeting	Baker's Square, Concord Second Wednesday every Month
April 18	6:00 pm	MDARC VEC Exams	Our Savior's Lutheran Church 1035 Carol Lane, Lafayette
April 18	8:00 pm	MDARC Meeting	Our Savior's Lutheran Church 1035 Carol Lane, Lafayette
April 26		May Carrier Deadline	
May 4	7:00 am-Noon	Livermore Swapmeet	Las Positas College, Livermore 1st Sunday every month

**The Carrier**  
**Newsletter of the Mt. Diablo Amateur Radio Club**  
**P.O. Box 23222**  
**Pleasant Hill, CA 94523**

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**MDARC Meeting: April 18**

